

## ABSTRACT

A personal lift aid for lifting and lowering ambulatory patients and other individuals by unassisted and assisted means. The invention device comprises of a stanchion assembly having a palm grip to an upper end thereof; three adjustable  
5 hand grips located below said palm grip; and a (step-on) anchor pad located at the lower end of the device to anchor the personal lift aid to the floor or ground during lifting and lowering of individuals.

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